

## Continuing Medical Education Course Handout for

**2024 Substance Use Disorder Annual Symposium WRNMMC (Interprofessional, CDE) (V)**

Wednesday, September 4, 2024 - Wednesday, September 11, 2024  
Virtual via ZoomGov, Bethesda, MD

*Provided By*  
NMLPDC

<b>Activity ID</b>	<b>Course Director</b>	<b>CME Planner</b>
2024-0404	Christopher Spevak	Christopher J. Spevak, MD

**Accreditation Statement**

The Naval Medical Leader & Professional Development Command (NMLPDC), Continuing Medical Education (CME) Department, Bethesda, Maryland is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for Physicians.

**Credit Designation**

The Naval Medical Leader & Professional Development Command designates this Live Activity for a maximum of 3.5 *AMA PRA Category 1 Credit(s)*.<sup>TM</sup> Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Statement of Need/Gap Analysis**

**The purpose of this CME activity is to address the identified gap(s):**

1. There is lack of knowledge and competence in SUD treatment practice; SUD is not incorporated in office-based treatment of substance use disorders and so is underutilized across the Military Healthcare System MHS. Statistical data with MHA / DHA shows 95% of physicians have little or no familiarity with Buprenorphine as treatment for chronic pain and addiction.

**Learning Objectives**

1. Define community recovery; differentiate various community recovery programs from one another; describe their purposes and potential benefits.
2. Review the available literature on AA's effectiveness and understand core principles, traditions, and practices of that program
3. Understand the basics of an elimination diet & how to repopulate the microbiome using nutrition.
4. Define how microbiome changes affect the brain
5. Attendees will comprehensively understand the neurobiological mechanisms by which psychedelics such as MDMA, psilocybin, LSD, DMT, 5-MeO-DMT, and ibogaine exert their affects across the brain, mind, body, and behavior
6. Attendees will evaluate the latest research findings related to psychedelics and psychedelic-assisted therapy to navigate discussions with patients who inquire about these topics, advise colleagues and decisionmakers, and integrate these understandings into substance use disorder treatment protocols.
7. Recognizing the Meaning of Being a Patient with ?Cerebral Chaos?
8. Recognizing the Significance of a Biopsychosocial Approach in attempting to understand the patient with a substance use disorder

**Target Audience**

Target Audience: This course is intended for physicians (primary, psychiatry, psychology, infectious disease, pain management, LCSW, counselors and other specialties) who are interested in pharmacotherapy or other modalities for substance use that can be undertaken in office-based settings.

**Disclosure of Faculty/Committee Member Relationships**

It is the policy of the NMLPDC that all CME planning committee/faculty/authors disclose relationships with

commercial entities upon invitation of participation. Disclosure documents are reviewed for potential conflicts of interest and, if identified, they are resolved prior to confirmation of participation.

#### Faculty Members

Amin, Rohul	- No relevant financial relationship with an ineligible company to disclose.
Burton, Cara	- No relevant financial relationship with an ineligible company to disclose.
Cozza, Stephen	- No relevant financial relationship with an ineligible company to disclose.
Deleon, Patrick	- No relevant financial relationship with an ineligible company to disclose.
Vance, Lynne	- No relevant financial relationship with an ineligible company to disclose.
Wain, Harold	- No relevant financial relationship with an ineligible company to disclose.
Wolfgang, Aaron	- No relevant financial relationship with an ineligible company to disclose.

#### Committee Members

Johnson, Mary	- No relevant financial relationship with an ineligible company to disclose.
Labuguen, Carla	- No relevant financial relationship with an ineligible company to disclose.
Osik, Amy	- No relevant financial relationship with an ineligible company to disclose.
Reyes, Irene	- No relevant financial relationship with an ineligible company to disclose.
Spevak, Christopher	- No relevant financial relationship with an ineligible company to disclose.

#### **Acknowledgement of Commercial Support**

There is no commercial support associated with this educational activity.

**This is a required handout. It must be disseminated to each learner prior to the start of the activity.**

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Upon completion of this activity, log on to the CME Website at <https://education.mods.army.mil/navycme> to obtain a physician or other learner certificate. From the home page, click on the 'Members Portal/Certificates' portal then login. Complete the Activity Evaluation and Request for Credit Form and submit. For assistance, you may contact the CME Planner, Christopher Spevak, at [christopher.j.spevak.civ@health.mil](mailto:christopher.j.spevak.civ@health.mil) or 2024894249.